



Community

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Wellness fair

RAF Mildenhall's health and wellness and fitness and sports centers sponsor a wellness fair from 9 a.m. - 5 p.m. May 9. For more information, call Tenia Reyes at (01638) 547161.

Job opening

The commissary seeks a sales store checker and store worker. Forms are available at the commissary administrative office from 8 a.m. - noon Tuesdays and Thursdays. U.S. citizenship is a requirement. For more information, call Ext. 3515.

PACE activities

People Associated for Cultural Enrichment sponsors a bowl-a-thon from 1 - 4 p.m. April 19 at the bowling center. For more information, call Pat Greene at Ext. 3582.

493rd change of command

The 493rd Fighter Squadron change-of-command ceremony is at 10 a.m. April 18 in Hangar 7. For more information, call MSgt. Roberto Moreno-Almeida at Ext. 5513.

Professional development

A wing lieutenants professional development program is May 7 - 9 at the officer's club. The program, sponsored by the company grade officers' council, focuses on leadership concepts and is designed to bridge the gap between a lieutenant's commissioning source and squadron officers school. All participants must have at least one year of commissioned active-duty service. For more information, call 1st Lt. Susan Pietrykowski at Ext. 5908 or 1st Lt. Troy Gilbert at Ext. 4244.

Undley-to-Lakenheath road closed

The road between Undley and Lakenheath is closed through today for major road work. Alternative route through the area is the C602 via Hollywell Row and the B1122 via Eriswell.

Health and wellness center

The health and wellness center sponsors the following activities:

❑ Back-pain classes are from 10 - 11 a.m. April 23. Discussions center around strengthening techniques, body mechanics and how to lift and sit correctly.

❑ A stress management course is from 1 - 3 p.m. Fridays through May 2. Attendance is not annotated in medical records.

❑ A tobacco cessation class is from noon - 1 p.m. Fridays from April 18 through June 6. Nicotine patches are offered for use during the course.

❑ People who want to know their body



Lakenheath Scrapbook
Photo by SrA. Jeff Capenos

Two young members of the Liberty Wing inspect their harvest during the 48th Services Squadron Easter egg hunt March 29 at the Liberty Club.
People with community photos who would like them published in the "Jet 48" should bring them to the public affairs office in the wing headquarters building or call Ext. 5640.

statistics and cholesterol level should make an appointment to have their body fat, height and weight measured and have cholesterol levels and blood pressure checked. People should not eat or drink anything except water for 12 hours before the appointment.

❑ For information on health, exercise, physical activity and fitness issues make an appointment with the exercise physiologist at the center.

❑ The center offers a variety of health literature, references, and video and audio tapes for checkout without charge.

❑ The center also offers the self-care program, which is designed to give all active-duty, Department of Defense members and their spouses information to make decisions on health care. People should contact their unit self-care facilitator for more information.

For more information on these programs, call the health and wellness center at Ext. 2710.

Volunteers needed

The Jason Project VIII staff seeks volunteers to help in many areas including assisting students with equipment and working as guides. The project takes place April 28 - May 9. The hours are 9 a.m. - noon and 1:30 - 10 p.m. Mondays through Fridays and 12:30 - 10 p.m. Saturdays. For more information, call Ext. 7220.

Blood drive

The blood donor center sponsors a blood drive Thursday. For more information or to make an appointment, call Ext. 6524.

Logistics group banquet

The 1996 48th Logistics Group Profes-

sional Performer of the Year banquet is April 18 at the officers' club. Social hour begins at 6 p.m. and dinner is at 7 p.m. Attire is semi-formal or mess dress. Cost is \$15 per person for E-6 and below and \$18 for E-7 and above. For more information, call MSgt. Sylvester Thomas at Ext. 3157.

Red Cross

❑ The Red Cross needs people to fill these positions: summer youth program chairman, hospital chairman, elementary school chairman, newsletter publicist, assistant chairman of volunteers and emergency message volunteer.

❑ Applications for the summer youth volunteer program are available at the Red Cross office, Bldg. 975. Deadline for application is June 1.

❑ A basic aid instructor class is April 21.

❑ A lifeguarding course pretest is April 22. Course dates are April 26 - 27, May 3 - 4 and 10 - 11.

For more information, call Ext. 1855.

Air National Guard

The West Virginia Air National Guard has traditional openings for pilots, navigators and all enlisted Air Force Specialty Codes. For more information, call DSN 366-6126 or 1-800-228-1205. This number is not a free call outside the United States.

The California Air National Guard accepts Palace Chase and Palace Front applications for all E-5s and below who are qualified to cross-train into the following Air Force Specialty Codes: 2E1X1, 2E1X3, 2E6X2, 2E6X3, 2T4X1, 3E0X2 and 3E1X1. For more information, call MSgt. Ed Heinbaugh at DSN 359-9082 Ext. 562 or commercial (800) 352-1881.